



125 Ways to Celebrate Nature

massaudubon.org/earthmonth

- Sign up for a CSA
- Walk, bike, or take public transport
- Buy local syrup or honey
- Sign up for Shave the Peak
- Compost your food scraps
- Choose meat-free Mondays
- Go for a walk outdoors
- Look for shapes in the clouds
- Walk barefoot in the grass
- Visit a farmer's market
- Close your eyes and listen to the birds
- Source your energy renewably
- Play nature bingo
- Smell the flowers
- Follow tracks
- Play in the mud
- Wear your Mass Audubon swag
- Look for wildflowers
- Paddle a canoe
- Sketch your favorite nature scene
- Check out the full moon
- Meditate on a boardwalk
- Walk on the beach
- Watch birds at feeders
- Go for a night hike
- Play in the rain
- Stargaze
- Blow a dandelion
- Make a sand castle
- Listen to a rain storm
- Go hiking
- Talk to friends or family about climate change
- Eat a plant-based meal
- Listen to the howling wind
- Go for a bike ride
- Read a book outside
- Learn about local land history
- Support pesticide-free growers
- Recycle cans and bottles
- Reduce your household water use
- Feel the sand in between your toes
- Search for fiddleheads
- Learn how to forage
- Make pine needle tea
- Plant milkweed to support monarch butterflies
- Learn how to identify frog calls
- Take a Mass Audubon program
- Look for fireflies
- Go on a lunchtime outdoor walk
- Protect a local vernal pool
- Don't use chemical fertilizers in your garden
- Plant native plants
- Remove invasive plant species
- Climb a tree
- Play outside
- Pick up litter
- Watch the sunrise
- Watch the sunset
- Swim in the ocean
- Identify mushrooms and fungi

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Find More: massaudubon.org/earthmonth

- Start an herb garden
- Visit a wildlife sanctuary
- Practice mindfulness outdoors
- Participate in a community science project
- Make a donation to Mass Audubon
- Post a picture of your favorite spot outdoors
- Go birdwatching
- Ditch single-use plastic bottles
- Volunteer with Mass Audubon
- Make a biodegradable bird feeder
- Visit Mass Audubon's Advocacy Action Center
- Drink sustainably farmed coffee
- Learn about the sheep-to-sweater process
- Join a community garden
- Take a deep breath of fresh air
- Hike to the top of a hill, drumlin, or mountain
- Learn how to mimic bird calls
- Use low flow settings on your home water use
- Utilize natural light instead of electricity
- Go camping and leave no trace
- Hold off on fallen leaf removal, and learn about critters that make their homes there
- Try going zero-waste for a day
- Collect rainwater for reuse
- Re-sell, donate, or recycle old clothing
- Go on an outdoor scavenger hunt
- Paint outdoors
- Make a magical home in the woods
- Try geocaching
- Take your yoga flow outdoors
- Splash in puddles
- Catch rain drops on your tongue
- Open or roll down your windows for fresh air
- Learn why bees are so important
- Repurpose old fabrics into dish towels
- Dry your clothes outside
- Learn to identify trees by their buds
- Press a wildflower in the pages of a book
- Listen to nature sounds while falling asleep
- Watch some ants going about their business
- Draw a picture in the dirt with a stick
- Turn off the engine instead of idling your car
- Dip your toes in a local brook, stream, or river
- Roll over logs to look for salamanders
- Learn about Indigenous land management
- Shop for clothes secondhand
- Have a picnic outdoors (and leave no trace)
- Opt out of junk mail to reduce paper waste
- Use the iNaturalist app to identify wildlife
- Gift a native plant to someone you love
- Plant a tree
- Visit an aquarium
- Fly a kite
- Climb rocks
- Hug a tree
- Watch a nature documentary
- Dance outdoors
- Build a shelter (and leave no trace)
- Practice nature photography
- Explore a new trail
- Visit a sanctuary nature play area
- Put out a hummingbird feeder
- Howl at the moon
- Look for sunbathing turtles
- Make a water wall
- Build a compost creature